



How to Keep Me Safe:

- Make sure I ride in a safe car seat.
- Keep all medicines, disinfectants and cleaners out of my reach.
- Never leave me alone in the bath, or in places I might fall.
- Make sure the babysitter knows all the important safety tips and emergency phone numbers.
- Keep plastic bags and balloons away from me.
- Be careful in closing doors. My fingers might be in there.
- Install a child-proof latch on doors to the outside so I will not be able to walk away.

This information lists activities and normal signs of growth and development that most children will be able to do during this time period. If you have questions about your child's performance or growth and development, contact your health care provider or local health department.

It is important that children have regular health checks at the ages of 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 3 years, 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, 14 years, 16 years, 18 years, 20 years. For information on medical coverage, contact your local community service office. If you have medical coupons, ask your doctor or health care provider for a "Healthy Kids" or EPSDT screening.

How I Grow



18
to 23
Months



How I Develop:

- I can walk up and down stairs with help.
- I can kick a ball.
- I can understand simple questions and follow simple directions.
- I use gestures with my words.
My vocabulary is growing all the time.
- I am starting to take off some of my clothes.
- I can stack toys.
- I am starting to be able to turn door knobs and open doors.
- I can point to some of my body parts.

How I Act:

- I like routines and rituals. Keep me on a schedule.
- I want my own way in everything. I will test the limits you set. I do not want to make you mad – I am trying to develop my independence.
- I do not like rejection and disapproval.
It makes me sad.
- I like to claim objects as “mine.” I cannot really share yet, but I may give you things if you ask.
- I like to have you around. I am more likely to try more things that way.

How You Can Help Me Learn:

- Watch me while I play in a sand box or small pool.
- Give me a chance to play with other children.
- Play with me – I love “hide and seek” and rolling ball games, nursery rhymes and playdoh.
- Take me for a walk as often as you can.
- Let me feed myself even though I may make a mess. I may be able to use a spoon.
- Show me my body parts and name them for me.
- Give me books. I will turn the pages and recognize simple pictures.
- When I do some of the following, I may be able to begin toilet training, but do not force me:

I may tell you by word or gesture – I may show you I am uncomfortable.

I know how to pull down my pants.

I stay dry for at least two hours.

I watch mom and dad and my brothers and sisters and show interest.



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If you have questions, contact:

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Sincerely,

Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: **How I Grow: 18 to 23 Months**

Size: 8 x 8.5

Paper stock: 70# text Beckett Concept Glacier Mist

Ink color: Black and Pantone 375

Special instructions: 2-sided printing with bleeds. Finished job folds to 4 x 8.5

DOH Pub #: n/a